

Patient Care and Comfort

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1. Introduction

- Patient care and comfort focus on meeting physical, emotional, and social needs.
- Comfort promotes healing, dignity, and wellbeing.

2. Physical Comfort

- **Positioning:** regular repositioning prevents pressure sores and aids breathing.
- Maintain a clean, warm, and quiet environment.
- Manage pain promptly and effectively.

3. Hygiene Needs

- Assist with bathing, oral care, and grooming as needed.
- Keep bedding clean and dry to prevent skin breakdown.

4. Emotional and Psychological Support

- Listen to patients and offer reassurance.
- Respect privacy, dignity, and cultural preferences.

5. Nutrition and Mobility

- Support adequate food and fluid intake.
- Encourage safe movement and exercise within ability.

6. Summary

- Patient care and comfort combine physical care, hygiene, emotional support, nutrition, and mobility to promote dignity and recovery.